



SPICE IT UP FOR GOOD HEALTH DIP AT YOUR DESK

Spicy Cinnamon Raisin Peanut Butter – Serves 12

Warm spices and cinnamon with chewy raisins

Ingredients:

1 cup creamy natural peanut butter
¼ cup ground cinnamon
¾ cup dark raisins
1 tbsp ground cloves
1 tbsp ground nutmeg

Preparation:

Gently combine all ingredients. Allow flavors to marry one to two hours before serving.

Recipe Notes: Dip with carrot, celery sticks or sliced apples or pears.

Serving size: 2 tbsp

Creamy Cinnamon Honey Dip- Serves 4

Creamy dip with a hint of honey

Ingredients:

1 tbsp honey
16 oz Greek yogurt or strained low fat plain yogurt
1 tbsp ground cinnamon

Preparation:

Combine yogurt, cinnamon and honey; stir well. For best results, refrigerate 30 minutes prior to serving.

Recipe Notes: This dip pairs well with fresh fruit or pita chips.

Serving size: ½ cup

Eat Well, Be Well.